

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested.
Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	Broccoli cheese soup. HOT: Chicken marsala served with rice pilaf and zucchini with red pepper. COLD: Tuna salad sandwich served with rice, broccoli, cheese salad and beet salad. Chocolate pudding with whipped topping for dessert.	2	Corn chowder. HOT: Meatloaf served with green beans and whipped sweet potatoes. COLD: Mediterranean tortellini salad and caesar salad with caesar dressing. Tropical mixed fruit for dessert.	3	HOT: Macaroni and cheese ** (V) served with a baked tomato half. COLD: Roast beef and American cheese sandwich served with potato salad and tomato red pepper salad. Fresh fruit for dessert.	4	Chicken rice soup. HOT: Baked fish with butter crumb topping, served with mashed potatoes and roasted root vegetables. COLD: Chicken salad sandwich served with orzo vegetable salad and cole slaw. Mandarin oranges for dessert.	5	Vegetable soup. HOT: Broccoli mushroom quiche (V) served with yonanas potatoes and a tossed garden salad with lite Italian dressing. COLD: Turkey deluxe ** sandwich served with carrot pineapple salad and English pea salad. Chocolate chip cookie for dessert.	
8	Minestrone soup. HOT: Turkey tetrazzini served with country blend vegetables. COLD: Egg salad (V) sandwich served with Greek pasta salad and summer squash salad. Pineapples for dessert.	9	Beef barley soup. HOT: Chicken paprika served with red roasted potatoes and broccoli. COLD: Roast beef and American cheese sandwich served with rice, broccoli and cheese salad, and spinach mandarin orange salad. Fresh fruit for dessert.	10	Vegetable soup. HOT: Sweet potato pollock fillet served with whipped sweet potatoes and green beans. COLD: Chicken pesto caesar salad served with lite Italian dressing and tri-color pasta salad. Birthday cake for dessert.	11	Split pea soup. HOT: Pot roast served with creamy potatoes, roasted turnips, and winter squash. COLD: Seafood salad sandwich served with tossed garden salad, lite Italian dressing and summer potato salad. Vanilla pudding with whipped topping for dessert.	12	Italian garden vegetable soup. HOT: Tortellini (V) with marinara sauce served with a tossed garden salad and peas with carrots. COLD: Turkey and Swiss cheese sandwich served with corn salad and broccoli slaw. Pears for dessert.	
15	Beef vegetable soup. HOT: Stuffed pepper served with creamy polenta and kale. COLD: Mediterranean tortellini salad served with caesar salad and caesar dressing. Peaches for dessert.	WINTER HOLIDAY SPECIAL 16		17	Escarole and bean soup. HOT: Meatball sub served with corn. COLD: Egg salad sandwich (V) served with macaroni salad and summer squash salad. Fresh fruit for dessert.	18	Corn chowder. HOT: Salmon fillet with lemon dill sauce served with peas and onions and whipped sweet potatoes. COLD: Ham chef salad with lite Italian dressing served with potato salad. Pineapples for dessert.	19	HOT: Lentil stew served with spinach and mushrooms and a tossed garden salad with dressing. COLD: BBQ chicken sandwich with mozzarella cheese and red onion served with English pea salad and a roman blend salad. Brownie for dessert.	
22	Vegetable soup. HOT: Chicken creole with herbed brown rice served with collard greens and onions. COLD: Tuna salad sandwich served with cauliflower carrot salad and garden shell pasta salad. Fresh fruit for dessert.	23	Italian garden vegetable soup. HOT: Veggie burger (V) with American cheese served with roasted red potatoes. COLD: Turkey and Swiss cheese sandwich served with broccoli slaw and rice salad with tomato and black olives. Pears for dessert.	24	Cheese Omelette, Sausage, French Toast Sticks	25	There will be no lunch served today in observance of Christmas Day.		26	Pleasant Street Center is closed
29	HOT: Hot dog ** served with baked beans and cole slaw. COLD: Egg salad (V) sandwich served with tomato red pepper salad and summer potato salad. Mixed fruit for dessert.	30	Cream of butternut soup. HOT: Roast pork with honey mustard sauce served with a baked potato and sour cream, and broccoli. COLD: Turkey and American cheese sandwich served with a tossed garden salad with lite Italian dressing and corn salad. Chocolate pudding for dessert.	31	Oriental vegetable soup. HOT: Tangerine chicken served with brown rice and oriental blend vegetables. COLD: Roast beef and cheddar cheese sandwich served with pasta vegetable salad and a riviera salad. Pineapples for dessert.	TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.		** Indicates a high-sodium meal. V Indicates a vegetarian item. Menu subject to change without notice. NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-388-2303.		

DECEMBER 2014



ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and no more than 1,300 milligrams of sodium. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,300 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

A new delicious nutritional drink — DELIVERED TO YOUR DOORSTEP

Mystic Valley Elder Services presents BeSure, a new balanced nutritional drink from Tabatchnick Fine Foods.

Each refreshing 10-ounce bottle of BeSure contains 150 calories, nine grams of protein, and 21 vitamins and minerals. BeSure is fat free, lactose free, and gluten free.

BeSure is specially formulated to benefit older adults working to manage poor appetite, unintended weight loss, low body weight, or increased calorie or protein needs as a result of post-surgical healing, cancer, pulmonary lung disease, gastrointestinal conditions, dental issues, or other health challenges. (Your registered dietitian may recommend BeSure for other concerns as well.)



Available in **Asian Pear**
& **Berry Blast flavors.**

\$21 per case of 24 bottles. Free delivery.

Call 781-388-2303 to get started!

Not sure if this product is right for you?
Feel free to contact Mystic Valley's
nutritionist with any questions:

Candace Quigley, RD
at 781-324-7442 x336

Serving size: 10 fl. oz. • Servings per container: 1
Amount per serving:
Calories 150

	% Daily Values
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Potassium 25 mg	1%
Sodium 30mg	1%
Total Carbohydrate 31 g	10%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 9g	18%

And 24 additional vitamins and minerals

INGREDIENTS: Water, sugar, maltodextrin, acidified protein blend, (whey protein isolate, soy protein isolate, phosphoric acid, citric acid), contains less than 0.5% of: natural and artificial flavors, calcium lactate gluconate, fruit and vegetable juice for color, citric acid, magnesium lactate, sucralose, ascorbic acid, dl-alpha-tocopheryl acetate, zinc sulphate, ferrous sulfate, retinol palmitate, manganese sulphate, pyronadone, niacinamide, copper sulphate, calcium pantothenate, thiamine hydrochloride, folic acid, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, sodium molybdate, chromium chloride, potassium iodide, sodium selenite, biotin.

Contains milk and soy ingredients.